

**Use your WIC benefit as a shopping list. Only items listed on the benefit may be purchased.
Select the size and quantity listed to receive the maximum nutritional value.**

MILK – Pasteurized and Fortified

Store Brand if available

Buy only the milk type and size specified on benefit

Skim, 1%, 2% Whole Lactose-free
Nonfat Dry Evaporated Meyenberg Goat Milk

Two ½ gallons may be substituted for 1 gallon

No flavor added, enhanced or organic milk

No pints

Quarts only if specified on the benefit or when larger size of

Lactose-free milk is unavailable.

SOY BEVERAGE

**8th Continent Soymilk
Beverage**

½ gal cartons, ultra pasteurized

Original flavor only

Lucerne Soymilk

½ gallon cartons

Original flavor only

**Pacific Natural Foods Ultra
Soy Beverage**

Aseptic Quarts (32 ounces)

Plain and Vanilla only

Silk Soymilk

½ gallon cartons

Original flavor only

PEANUT BUTTER

Store brand, Adams, Peter Pan, Jif or Skippy only

18 to 16 ounce jar

Unflavored Regular or Natural - smooth, chunky or honey roasted

No jelly, honey, chocolate or marshmallow crème added.

No peanut butter spread (reduced-fat, natural or other kind of peanut butter spread)

No organic or enhanced peanut butter

CHEESE – Domestic

**Store Brand, Cache Valley, Crystal Farms, Kraft or
State Brand only**

Regular, low-fat or reduced fat, in 16 or 8 ounce package

Colby-Monterey Jack

Cheddar

Monterey Jack

Colby

Mozzarella

Swiss

Two 8 ounce packages = one 16 ounce package

No string, cheese foods, products, spread, cubed, shredded, sliced, flavor added (i.e. Pepper Jack), imported, service deli, imitation cheese products or individually wrapped slices/strings sold as singles

No organic

EGGS

Large – One dozen white “AA” or “A”

Any Brand

No enhanced, hormone-free, specialty or brown eggs

No free range or cage free eggs

No organic

BEANS, PEAS, AND LENTILS

16 to 14 ounce packages/cans

Any Brand: dry beans, split peas or lentils

Any Brand: canned beans (legumes)

No soup mixes, flavorings or meat added (pork & beans, refried)

No cans of green or yellow beans

No organic

NOTE: Canned beans may be purchased ONLY if specified on benefit

BREAKFAST CEREALS for Women and Children -- Whole grain cereals are marked with a

COLD CEREAL – 12 oz boxes or larger

SPECIFIED BRANDS ONLY

REGULAR FLAVOR UNLESS SPECIFIED

No fruit filled

No organic

Corn Flakes

Essential Everyday, Flavorite, Great Value, IGA, Kellogg's, Kroger, Our Family, Safeway or Western Family

Corn Squares/Bitz/Pockets

Essential Everyday, Flavorite, General Mills (Corn Chex*), Great Value, IGA*, Kroger, Our Family, Safeway or Western Family

Corn Balls/Puffs 

General Mills (Kix)

Crispy Rice

Essential Everyday, Flavorite, Great Value, IGA, Kellogg's (Rice Krispies and Rice Krispies Gluten Free*), Kroger, Malt-O-Meal, Our Family, Safeway or Western Family

Frosted Mini Wheat Biscuits 


Essential Everyday, Flavorite, Great Value, IGA, Kellogg's, Kroger, Malt-O-Meal, Our Family, Safeway or Western Family

No "Post"

No fruit filled or flavored frosting

No plain shredded wheat Biscuits

Fiber Flake Cereals (Bran)

Enriched Bran Flakes: 

Essential Everyday, Flavorite, General Mills (Wheaties Original or Total Original),

Fiber Flake Cereals (Bran) (cont.)

Great Value, IGA, Kellogg's (All Bran Complete Wheat), Kroger, Post (Bran Flakes), Western Family


No fruit added (Raisin Bran) or Low-carb

Nugget

Post (Grape Nuts) 

Rice Squares/Bitz/Pockets

Essential Everyday, Flavorite, General Mills (Rice Chex*), Great Value, IGA*, Kroger, Our Family, Safeway or Western Family


Toasted Oat Rings 

(Plain or Multi-Grain)

Essential Everyday, Flavorite, General Mills (Cheerios), Great Value, IGA, Kroger, Our Family, Safeway or Western Family

No sugar-frosted, honey-nut or fruit added

Wheat Squares/Pockets

General Mills (Wheat Chex), Great Value, Our Family, Safeway or Western Family 

HOT CEREAL

INSTANT OATMEAL – Regular 
Individual Packets Only

12 to 11 ounce packages

Essential Everyday, Great Value, IGA, Our Family, Kroger, Safeway or Western Family

No flavored


No large/bulk packages allowed

No organic

HOT WHEAT CEREAL

Cream of Rice*

Cream of Wheat Regular

Cream of Wheat Whole Grain 

Great Value Quick Farina

Malt-O-Meal Original

Western Family

WHOLE GRAIN CHOICES

WHOLE GRAIN BREAD

Franz 40 Calorie per Slice Whole Wheat

Franz 100% Whole Wheat

Safeway Kitchens 100% Whole Wheat

Sara Lee Classic 100% Whole Wheat

Smith's 100% Whole Wheat

Wheat Montana 100% Whole Wheat

One pound (16 ounce) loaf only

BROWN RICE

Any brand – 16 to 14 ounce

Plain Brown Rice in boxes or bags

May be instant, quick or regular cooking

No organic

TORTILLAS – SOFT

Yellow Corn – Mission*

White Corn – Don Pancho* or Guerrero

Whole Wheat – Don Pancho, Guerrero, or Mission

One pound (16 ounce) package only

100% JUICE

64 ounce Plastic Bottles

100% Juice Only

Specific Flavors - Authorized Brands

Apple: Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Tree Top, Western Family

Grape – purple: Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Welch's, Western Family

Grape – white: Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Welch's, Western Family

Orange: Essential Everyday, Flavorite, Old Orchard, Our Family, Western Family

Tomato: Campbell's, Everyday Essentials, Western Family

Vegetable: Essential Everyday, Great Value, IGA/Shoppers Valu, Kroger, Safeway, V-8 (Original or Healthy Request, **no Fusion**) Western Family

No sugar added

No juice blends, drinks or cocktails

No refrigerated

No organic or DHA added

16 ounce Frozen Concentrate

100% Juice Only

Specific Flavors – Authorized Brands

Orange: Essential Everyday, Flavorite, IGA/Shoppers Valu, Kroger, Our Family, Safeway, Western Family

No sugar added

No juice blends, drinks or cocktails

No organic or DHA added

12 to 11.5 ounce Frozen Concentrate

100% Juice Only

Specific Flavors - Authorized Brands

Apple: Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Tree Top, Western Family

Grape – purple: Essential Everyday, Great Value, Kroger, Old Orchard, Welch's, Western Family

Grape – white: Essential Everyday, Old Orchard, Welch's

Orange: Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Western Family

Pineapple – Kroger, Old Orchard

No sugar added

No juice blends, drinks or cocktails

No organic or DHA added

48 to 46 ounce Plastic Bottles

100% Juice Only

Specific Flavors - Authorized Brands

Tomato: Campbell's, Essential Everyday, Great Value, or Our Family

Vegetable: Essential Everyday, Great Value, Kroger, Our Family, or V-8 (Original or Healthy Request, **no Fusion**)

No sugar added

No juice drinks or cocktails

No refrigerated

No organic or DHA added

Some stores may not carry every WIC approved food because of cost or availability.

CANNED FISH

Any brand

Light Tuna – water packed only, light - solid or chunk
6 to 5 ounce cans

Pink Salmon – water packed only, may contain bones and skin
5 to 6 and 14.75 ounce cans

No "diet" pack, white, albacore, "vacuum-sealed" packs, flavorings added and no red salmon

INFANT FORMULA

Only brand, type and size specified on benefit

No substitutions at store

No organic

INFANT CEREAL

Beech-nut or Gerber only

Plain varieties only: Barley, Mixed Grain, Oatmeal, Rice or Whole Wheat

8 and 16 ounce containers are allowed

One 16 ounce container may be substituted for two 8 ounce containers

No formula, flavoring, fruit or DHA added

No jars or packs

BABY FOOD MEATS

Beech-nut or Gerber only

2.5 ounce jars

May have added broth or gravy

No dinners: must be single variety meats

No meat sticks

No organic or DHA added

BABY FOODS – VEGETABLES/FRUITS

Beech-nut or Gerber only

4 ounce jars only

Vegetable and Fruit – single or mixed varieties

No dinners or desserts

No organic or DHA added

Approved Foods List for Fruit and Vegetable Benefit

Fresh Vegetables & Fruits

Allowed:

- Any variety of fresh vegetables and fruits except white potatoes* (Note: sweet potatoes and yams are allowed)
- Bagged salad mixtures (no dressing, croutons, nuts or meat added)
- Bagged vegetables (no dressing or dip)
- Tubs of cut fruit or vegetables (no dressing or dip)
- Garlic, sprouts
- Fresh salsa (no added sugar, fat or oil)
- Organic

Not Allowed:

- White potatoes*
- Items from the deli, salad bar, party trays, fruit baskets, decorative vegetables and fruits, dried fruit
- Nuts, including peanuts, fruit/nut mixtures
- Salad dressing
- Herbs (like basil, cilantro, parsley)
- Spices (like vanilla beans, cinnamon sticks)

* "White potatoes" are any potatoes other than sweet potatoes and orange yams.

Frozen Vegetables

Allowed:

- Any brand
- Any plain single or plain mixed vegetable (without white potatoes*)
- Any package type (bag, box)
- Any size
- Organic

Not Allowed:

- White potatoes*
- French fries, hash browns, tater tots, other shaped potatoes
- Vegetables with sauces
- Vegetables mixed with pasta, rice, or any other non-vegetable ingredient
- Frozen Fruit
- Cheese sauce or any other type of sauce
- Seasoned, flavored, breaded
- Packets of sauces and/or seasonings included

No canned fruits or vegetables or frozen fruit may be purchased.

Montana WIC Program - Approved Food List May 2014

1-800-433-4298

The WIC Program is an equal opportunity provider and employer.

43,000 copies of this public document were published at an estimated cost of \$.04 per copy, for a total cost of \$1,720.00, which includes \$1,720.00 for printing and \$.00 for distribution.